

U.S. Army Garrison Giessen



Photos by Alexandra Williams

Lt. Col. Gerhard Schröter (from left), Col. Peter Mansoor and Lt. Col. Curtis A. Anderson review 501st FSB Soldiers. Photo left: Col. Sean MacFarland (center) accepts the colors of 1st Brigade from Maj. Gen. Martin Dempsey, 1st Armored Division commander.

New commanders take reins; RFCT activates

By Alexandra Williams
*U.S. Army Garrison Giessen
Public Affairs Office*

The last week of June was busy with ceremonies and receptions as several battalions and the 1st Armored Division 1st Brigade changed leadership and also activated the Ready First Combat Team.

The beginning was made in the morning of June 28 on Friedberg's Ray Barracks when **Lt. Col. Curtis A. Anderson** relinquished command of the 501st Forward Support Battalion to **Lt. Col. Gerhard Schröter**.

In the afternoon of the same day **Lt. Col. John S. Kem** relinquished command of the 16th Engineer Battalion to **Lt. Col. Allan L. Webster** during a ceremony held on the Giessen Depot.

Maj. Michael Helwig accepted the colors of the Friedberg Health Clinic June 29 in an assumption of command ceremony held at the Capri Club on Ray Barracks.

Later that day **Lt. Col. Gary Bishop** passed command of the 1st Battalion, 37th Armor Regiment, to **Lt. Col. Vincent J. Tedesco III** on Ray Barrack's parade field.

Col. Peter R. Mansoor turned over the reins of the 1st AD's 1st Brigade to **Col. Sean MacFarland** June 28 on the

parade field on Friedberg's Ray Barracks.

The 1st Brigade Ready First Combat Team was activated during the same ceremony. The team is comprised of elements of the 1-36th Infantry, 1-37th Armor, 2-37th Armor, 501st Forward Support Battalion, 2-3rd Field Artillery and the 16th Engineer Battalion. The Soldiers will soon deploy to conduct more training before returning for a second tour of Iraq in support of Operation Iraqi Freedom.

In his speech the new 1st Brigade commander MacFarland addressed the Soldiers and guests attending the ceremony.

"Nobody goes very far on one's own and I am no exception. I am happy to see that some of my mentors, role mod-

els, peers and former subordinates are either in the stands or on the field," he said.

"In the interest of brevity I'll make just one promise to you — that I will do everything possible to prepare you and your families for the challenges ahead. I know that we will accomplish any mission we are given because this Brigade Combat Team always does as it always must to accomplish its mission. Make no mistake, we are just Army fighting for a just cause and it is up to America's Iron Soldiers to ensure our ultimate victory over the enemies of freedom and peace. In this we are truly blessed because as long as the outcome of our wars rests on shoulders like yours, America need never fear for her safety or future," MacFarland said.



New Friedberg clinic commander Maj. Michael Helwig chats with USAG Giessen chaplain (Lt. Col.) Jerry Moates after his assumption of command ceremony.



Col. Peter Mansoor (left) and Lt. Col. Vincent J. Tedesco III salute Soldiers of 1-37th Armor.



Col. Lou Marich (left) commander of 1st AD's Engineer Brigade holds a speech after Lt. Col. Allan Webster took command of the 16th Engineer Battalion.

U.S. Army Garrison Giessen

Helping children through the deployment

By Alexandra Williams

U.S. Army Garrison Giessen Public Affairs Office

Deployments are a great emotional challenge for children. Going through the same stress as their parents and having their own awareness of the overall situation but being equipped with only a limited ability to understand the circumstances makes it more distressing for them.

"For that reason it's important parents prepare their children for the deployment as early as possible. After all, children are serving too, and they need to be ready for the 'mission,'" said Kathy Monge, U.S. Army Garrison Giessen Army Community Service family readiness coordinator.

As preparations for deployment progress, children will feel the tension.

"Parents must be aware that while they are focused on the separation, their children may feel left out," said Monge.

The separation can be a dramatic experience for a child and there are normal emotional reactions to it. These could include sadness, fear, resentment, loneliness even before the parent deploys, feelings that the parent is leaving because the child has been bad or he or she doesn't love the child anymore, angry outbursts mixed with clinging behaviors, regressive behaviors and psychological distancing.

Depending on his or her personality, age and coping skills every child reacts different to the pre-deployment stress.

"You may see some of the reactions mentioned above or even all. However if these behaviors become too intense or worse and the child's health is suffering you should seek assistance," said Monge.

"It's important that parents take time with their child and explain where they are going, with whom and for how long — of course at their age level of understanding. Don't wait till you are downrange. Also tell them what you expect of them," she said.

Monge explained lessons learned from previous deployments showed that certain mistakes can be avoided before the deployment.

"We urge fathers not to tell their little sons that they are now the men in the house and need to take care of the family. It puts pressure on the child and adds to the stress he already has dealing with the situation. Let a child be a child," she said.

Establishing house rules before the separation and sticking to them is necessary, and parents should



Photo by Alexandra Williams

Spending time together before a military parent deploys is important to help children deal with the emotional challenge of separation.

avoid making dad and mom rules, she added.

Sitting down with the entire family to talk about the separation and letting every family member express his or her feelings is crucial.

"Older children can talk about previous separation experiences to younger children. The deploying parent should also sit down with each child individually and discuss but also accept the child's feelings," Monge said.

Other suggestions include using maps and calendars to help the child visualize the location and length of deployment, giving each child a scrapbook to fill with letters and photos during the separation and giving each child a comfort item such as a shirt of the deploying parent or preparing a tape with bedtime stories so they can listen to it.

"Include children in the preparation by letting them help with the packing," Monge suggested.

Even if it is hard parents should keep a positive

attitude and exemplify good coping skills, she stressed.

In the initial phase of the separation parents may see a change in behavior. These could include worry about the family, fear that the separation is permanent, nightmares, eating or sleeping difficulties, irritability, moodiness, aggression, complaints about headaches, fatigue and other illnesses or wanting to sleep in the parent's bed.

"Accepting some behavior is OK, but don't let your child use it as an excuse. Let him or her know he or she is still responsible for chores and schoolwork to make a valuable contribution to the family. Tell them it's OK to be sad and teach them how to recover and move on," she said.

During the deployment it's important that the parent at home establishes a routine and provides an atmosphere of stability for the child.

"Talk about the deployed parent daily and leave lots of photos, preferably of the child with the deployed parent, at their eye level. Don't change the daily routine as this would confuse the child even more. You can also keep a calendar and mark special events and holidays to show the time passing," she suggested.

It's important that the parent at home disciplines consistently.

"Don't tell the child 'wait till Daddy's home' because then the child becomes afraid of the parent's return. If you need to discipline the child do it right then according to the rules that you have set as a family," said Monge.

For the deploying parent it's important not to lose touch with the children.

"Write to each child individually to show them they are important to you. Tell them often that you miss and love them. Take a copy of the child's schedule for school and sports events to talk to the child about," she said.

Monge also suggested becoming a pen pal to the child's school class and sending souvenirs, postcards and other items to share with the class.

Parents interested in getting professional advice to help their children can contact Army Community Service, guidance counselors, the family physician, the Family Readiness Group, a chaplain or the social care manager. *(Editor's note: This is the second in a series of articles preparing families for the upcoming deployment to Iraq.)*

ACS workshops

Interpersonal items

A **salsa dance class** is scheduled for July 22 from 6-8 p.m. in the Giessen Convention Center (former Woodland Club). **Interpersonal communication skills** can be improved July 25 from 10-11:30 a.m. in Butzbach and July 27 from 10-11:30 a.m. in Giessen.

Employment support

Federal resume classes will be held July 26 and Aug. 2 from 10 a.m. to noon in Giessen, July 27 from 10 a.m.

to noon in the Butzbach Outreach Center and Aug. 3 from 10 a.m. to noon in Friedberg. A **re-entry workshop** is scheduled for July 29 from 1:30-2 p.m. in Giessen.

Personal support

Stress management skills can be improved Aug. 1 from 10-11:30 a.m. in Giessen and Aug. 2 from 10-11:30 a.m. in Butzbach. A **checkbook management** class is scheduled for July 27 from 10 a.m. to noon in Butzbach.

Money and credit management training can be taken Aug. 3 from 10 a.m. to noon in Friedberg.

Children time

Parent and Me Playtime takes place Friday from 10 a.m. to noon in Giessen. **Story Time** is held Wednesday from 1-2:30 p.m. in Friedberg and from 1-2p.m. in Giessen. **Children's Movie Day** is hosted Tuesday from 10 a.m. to noon in Giessen and Thursday from 10 a.m. to noon in Butzbach.

Parenting classes are also available and are offered to groups and individuals. Parents can choose topics of the classes.

More classes

ACS also hosts **computer skills/MS Word/Internet** classes. For dates and locations call ACS in Giessen at mil 343-7618, ACS Friedberg at mil 324-3465 and the Butzbach Outreach Center at civ (06033) 925 329. All workshops can also be requested for units and other groups. Call to make arrangements.

U.S. Army Garrison Giessen

Community spotlights

Summer activities for youths

Friedberg School-Age Services hosts a summer program for children in grades one through six. **Wonderful World of Water** takes place July 26 and 28 from 9:30-11:30 a.m. A **4H Summer Camp** is open through Aug. 19 in Butzbach. The theme is **Medieval Summer in Camelot**. Enrollment takes place weekly. Occasional users are welcome. Shuttle buses are available for children in Giessen and Bad Nauheim. Registration for **soccer, flag football and cheerleading** is open until July 29. The cost is \$20. For more information call the Friedberg CDC at civ (06031) 813 137 or the Bad Nauheim SAS at civ (06032) 803 803. For details on all other programs call CLEOS at mil 343-7276.

Gladiator Days in Friedberg

The Spare Time Lanes and Lounge in Friedberg host Gladiator Days July 30 starting at 2 p.m. The event includes a **Tug-of-War** for one-on-one, two-on-two and five-on-five teams, a **Robin Hood and Little John competition** which features two people balancing on a plank trying to knock the other person off with a padded stick and a **wrestling competition**. If enough interest is generated there will be a pig catching contest. The event is free and participants will receive a \$2 coupon for each competition for which they sign up. Prizes include televisions, games systems, trips throughout Europe, AAFES gift certificates and special bowling packages. Entertainment includes a dunking booth, games for children, barbecue and beverages. For more information call mil 324-3270.



Photo by Alexandra Williams

Library story time

Children listen to Billy McElrath from the Giessen Library during the Stories in the Park afternoon in Butzbach July 6. The library's Storymobile is also touring housing areas through July 28. The bus stops Tuesday at 2 p.m. in Butzbach's Roman Way Housing, Thursday at 2 p.m. in Giessen's Marshall Housing and at 3 p.m. in Giessen's Dulles Housing. Call mil 343-1740.

Youth sports camps

The Youth Services sports office hosts a **soccer clinic** Aug. 1-5. Children age 4-8 meet from 9-11 a.m. and children age 9 and older meet from 1-3 p.m. at the Miller Hall field in Giessen. The cost is \$5 per child. Registration deadline is July 29. For more information call Central Registration at mil 343-7028.

Mom 2 Mom

The Mom 2 Mom Breastfeeding Peer Support Program hosts its next group meeting July 27 at 3 p.m. at the Bad Nauheim Community Center on the second floor. All expecting, new and experienced mothers interested in breastfeeding support are invited. Nurlings are welcome. For more in-

formation call Tammy Castro-Leduc at mil 343-1550.

Parent's Night Out

A Parent's Night Out is scheduled for Aug. 26 from 6:30-10:30 p.m. at the Butzbach Child Development Center. Reservation and payment deadline is Aug. 19. The cost is \$10 for CDC age children and \$6 for School-Age Service age children and includes dinner and a snack.

Outdoor Rec trips

Giessen Outdoor Recreation hosts a self-guided tour to **Prague** on July 30. A passport is required. The cost is \$89 for adults and \$69 for children. For details call mil 343-8202/8207.

Arts and crafts classes

The Arts and Crafts Shop hosts a **scrapbook meeting** July 23 from 4-6 p.m. Participants must bring their own supplies. A **beginner framing class** is scheduled for July 30 from 2-5 p.m. The cost is \$25. A **gallery glass workshop** is hosted Wednesday from 11 a.m. to 1 p.m. The cost is \$15. A **quilting circle** meets Thursday from 10:30 a.m. to 12:30 p.m. The cost is \$5. A **creative kids** workshop is hosted Thursday at 4 p.m. The cost is \$5.50. A three part **expressive painting class** takes place from the first to the third Thursday of the month from 6:30-9:30 p.m. The cost is \$15. A **cross stitch workshop** takes place Friday at 11 a.m., 1 p.m. and 3 p.m. The cost is \$15. The shop also seeks instructors for a variety of classes. For details call Amy Brown at mil 343-6445.

School registration open

Butzbach Elementary School encourages parents to register their children for the next school year as soon as possible. The following documents are needed: * updated copy of the sponsor's orders with the student's name on them; * passport or birth certificate of child; * student's Social Security card; * all hand-carried academic records from previous schools. Developmental Preschool has slots available. The program caters to children age 3-5 with language, cognitive, fine/gross motor, social/emotional and/or vision/hearing delays. Call civ (06033) 74520 to schedule a screening appointment.

Child care openings

The Giessen and Butzbach Child Development Centers have openings for full-day infant, toddler and preschool children. Bad Nauheim CDC has openings for full-day infant and part-day preschool age children and toddlers. Giessen CDC seeks volunteers for the Parent Advisory Council. For details call CLEOS at mil 343-8216/7028.

Babysitter training

The American Red Cross conducts babysitter training Aug. 19 for youth 12-15 years old. The cost is \$22 and includes a book and babysitter kit. Call CLEOS at mil 343-8216/7028.

Fitness schedule

Giessen's Miller Hall Fitness Center summer program features **step aerobics** every Monday from 5-6 p.m. This class is a cardio workout designed to burn fat. Great for beginners to advanced to learn all the basic moves in an easy to follow format. A 10-minute abdominal workout is included. **Powerflex** takes place Monday from 6-9 p.m. This is an instructor-led class using free weights. It is choreographed to music and increases body composition and metabolism while improving body tone, muscle definition, strength and endurance. **Cardio kickboxing** is hosted Wednesday from 5-6 p.m. Progressive punches, kicks and combinations raise the heart rate and strengthened and shaped muscles are guaranteed. **Spinning classes** take place Tuesday and Thursday at 5 p.m.

ACAP briefings

Giessen's Army Career and Alumni Program hosts a resume writing class July 27 from 9 a.m. to noon. For details call Sharon Brannon at mil 343-9332.

Drive slowly over transit barriers

There have been reports of Privately-Owned Vehicles being damaged while crossing the barriers installed at the gates of military installations. Experts have determined that the barriers are easily traversed at the proper speed by vehicles with four inches or greater ground clearance. Owners who modify the vehicle to have a ground clearance lower than four inches assume the risk of damage from objects on the ground.

Portable metal blockades, called Nasatka Barriers, have been installed at most Army bases. As a vehicle drives over the barrier at any real speed, the impact of the tires hitting the steel plate causes the steel arms to "bounce" up

slightly. At slow speed and with normal vehicle clearance, there is no contact between the steel arms and the vehicle's undercarriage. If a vehicle is built low to the ground or has elements hanging down from the undercarriage, the steel arms may "bounce" high enough to contact the vehicle's undercarriage and cause damage. This is a vehicle operator error, not barrier installation or operation error therefore no claims can be filled.

All questions about this matter can be directed to the Friedberg Legal Center Claims Office. Point of contact is Mary Lochhas at mil 324-3864/3865. (Courtesy of the Friedberg Legal Center.)

U.S. Army Garrison Giessen

New manager at Red Cross office

By Alexandra Williams
U.S. Army Garrison Giessen Public Affairs Office

After the seat has been empty for a couple of months the Red Cross Office in the U.S. Army Garrison Giessen can finally welcome new station manager Michael Patton.

Patton, his wife Chieko and 11-year old daughter Carolyn arrived in Giessen at the end of June from a prior assignment on an Air Force Base in Florida.

"My goal is to increase the visibility of the Red Cross in the communities and show them that we are not 100 percent bad news. I always say we (the Red Cross staff) are like the Ghostbusters. If you don't know who to call, call us and we can help you because we know where to get help," he said.

Patton knows the needs of Soldiers because he served in the Army for 23 years, including a tour to Giessen 34 years ago, he said.

The past 12 years he has spent with the Red Cross gaining experience in the needs of military families.

"I deployed with the Red Cross to Tikrit and spent six months over there. I know what the guys are doing down

there so I am very sympathetic to their problems as well as to their family's problems.

"Furthermore I am here to assist the commanders in any way we can so they can do their mission," Patton said.

Currently he is focusing on briefing Family Readiness Groups on what has to be done in case of an emergency. Another emphasis will be put on safety and health classes and babysitter training. However his intent is not to put out a schedule with classes committed to certain dates and times.

"I'd rather schedule the classes on demand so we can be sure to better serve the needs of the community."

Like almost all organizations on military installations the Red Cross offices in Giessen and Friedberg are in need of volunteers. Sought are volunteers for special events to represent the Red Cross. Such events include community fairs where they could do games and other fun things, basically help the community to relax, he said.

If you are interested in classes offered or in volunteering call the Red Cross at mil 343-1760.

Job opportunities

CTC job openings

Central Texas College seeks **FAST class instructors**. Minimum pay, depending on experience, is \$14 per hour. Classes are 30 hours long spread over three weeks. Part-time substitute **Army Learning Center/MOS library operators** are sought in Giessen and Friedberg. Starting pay is \$9 per hour. Part-time substitute test examiners are needed in both locations. Starting pay is \$9.50 per hour. A part-time **substitute counselor aide** is sought primarily for Giessen. Starting pay is \$10 per hour. These are not government positions so spousal preference is not needed. For more information on these jobs and educational requirements call Ron Rodriguez at the Army Learning Center in Friedberg at mil 324-3524.

Contractors sought

The USAG Giessen Army Community Service seeks contractors for the following positions in Giessen:

Case manager/customer service

specialist. This full-time position is available Oct. 1.

Army Family Team Building/Army Family Action Plan instructors. This is a full-time position and opens Aug. 15.

Relocation/welcome liaison specialist. The full-time position opens Oct. 1.

Financial Readiness Program educator. This is a part-time position and opens Oct. 1.

ACS/Family Advocacy administrative specialist. This is a full-time position and opens Aug. 15.

Family Advocacy educator. This part time position opens Oct. 1.

A **relocation specialist** is sought for the ACS office in Friedberg. The part-time position opens Aug. 15.

Interested applicants must complete and deliver their resume with a cover letter no later than July 26. All positions are subject to availability of funds. Point of contacts are Monica Battle or Joyce Williams at mil 343-7618 or civ (0641) 402-7618.



Photo by Alexandra Williams

Planting for the future

Robert McNally (right) of the University of Maryland helps participants of this year's Summerific! 4-H Summer Camp to plant an apple tree in front of Butzbach Elementary School. "We wanted to enable these children to plant the tree for future students to enjoy the shadow as well as the apples. And maybe one day when they are adults they can come back to visit the tree," said McNally.

Pentagon

Hanau Community

Pfc. Kean Dudley give a class in basic BB gun marksmanship to Lydia Simpson (from left), Sarah Middleton and Laura Vitt during the Cub Scout Day Camp.

Photos by Troy Darr

Exploring the great outdoors

Day camp provides range of opportunities for local Cub Scouts

By Susan Huseman

U.S. Army Garrison Hessen Public Affairs Office

Almost all boys get a kick out of exploring the outdoors.

During Cub Scout Day Camp June 27 to July 1 some 36 Scouts and their siblings headed for the great outdoors to have fun — with a purpose.

Cub Scout Pack 49 hosted a day camp at Hanau's Campo Pond Training Area. Campers included the



host pack and Pack 36 from Babenhausen.

The 36 Cub Scouts, ranging from first- through fifth-graders, were joined by eight siblings. Arts and

crafts activities, nature walks, knot tying, sports, first aid training, archery and BB gun shooting were conducted by 16 volunteers.

"The kids are learning about living and caring for the environment while applying the 'leave no trace' principles. In many activities we're teaching the kids how to follow directions, how to accomplish tasks with their hands and we're building self-esteem," said Maj. Dale Davis, day camp director.

The bows, arrows and BB guns were of major interest to the Scouts.

"Archery and shooting can't be done at pack level," said Davis. "The strict standards for Boy Scouts of America shooting sports can't be met at that level."

This means archery and BB gun ranges can only be conducted by a council-sponsored camp with properly trained supervisors, explained Davis.

The camp concluded with Family Day where moms and dads were able to see the programs and enjoy a cookout. The older Webelos were slated to camp out Friday night using many of their newly honed skills to build a fire, set up tents and latrine facilities and prepare their own meals.

Other summer events include a day trip to the wildlife park near Steinheim in Klein-Auheim Aug. 6 and an end of summer picnic Aug. 30.

If you're interested in either having your child join the Cub Scouts or would like to volunteer contact Joleen Gorman at joleen.gorman@us.army.mil or Bianca Moton at bianca.moton@us.army.mil.



Skyler Yost (left) and Tristan Restuccio hone their knot-tying skills.



Kenneth Gabel prepares to fire an arrow on the firing line during archery training. Photo below: Maj. Dale Davis handles administrative tasks among other duties while volunteering at the camp.



Hanau Community



Members of the International Gospel Friends perform during the Fourth of July celebration. Photo left: Players of the 22nd Signal Battalion team and Hanau's Midget Nuts battle for bragging rights.

Sparks fly at Hanau July 4 bash

Story and photos by
Karl Weisel

*U.S. Army Garrison Hessen
Public Affairs Office*

Members of the Hanau Community were treated to more fireworks than they bargained for at the Fourth of July bash on Hanau's Pioneer Kaserne.

While organizers went all out to feature a day packed with a wide range of sports and entertainment for all ages, they couldn't prevent Mother Nature from bringing the fireworks a little early. A huge thunderstorm in the early afternoon dumped several inches of rain on the fest canopies, sports fields and other attractions and filled the skies over Hanau with booming thunder-

claps and incandescent bolts of lightning. The result was a visit by members of the local Fire Department after a tree was set ablaze in the storm.

But that didn't stop the hundreds of Soldiers, civilians and family members who turned out to celebrate the nation's 229th anniversary since the adoption by Congress of the Declaration of Independence on July 4 in 1776.

Celebrants enjoyed everything from basketball and softball to face painting; bungee jumping; a 10-kilometer run; carousel, mechanical bull and pony rides; and live performances by the Galaxy Cheerleaders and International Gospel Friends. Members of the American Forces Network

were on hand to broadcast live from the celebration.

"We've been preparing this for months," said Joyce Steen, Morale, Welfare and Recreation director for the Hanau Community. "We'd do it for 500, and we'd do it for one. We do this for the community. We're just glad they came out and had a good time."

The MWR director praised the Provost Marshal's Office, Directorate of Public Works, 102nd Signal Battalion, 130th Engineer Brigade, Safety Office and Fire Department for their support.

As youngsters made crafts and enjoyed the many attractions and refreshments on the Pioneer parade field, heated competition continued throughout the day in the Pioneer Fitness Center and on the Pioneer ballfield. On the hardwood basketball players competed for Europa Park tickets and a trip to the Munich Oktoberfest.

By the end of the three-on-three basketball shootout the Temptations claimed first-place honors, the Dirty South was second and Jungle Fever was in third. Winners of the free throw competition were Marcus Fontanez and Roger Wang in first and second places respectively. Three-point con-



A crew from the Frankfurt Galaxy Cheerleaders entertains visitors in the Pioneer Fitness Center. Photo below: face painting at the Hanau Community July 4 bash.



9 a.m. and wrapped up at 9:30 p.m., featured 135 players. By day's end a team from Darmstadt's 22nd Signal Battalion emerged as the overall winner. The Midget Nuts, a Hanau Community team, claimed second place, and the

Bandits, players from Büdingen's B Troop, 1st Squadron, 1st Cavalry Regiment, took third.

As dusk drew near officials geared up for the day's dramatic conclusion. Fireworks provided the symbolic exclamation point to the nation's birthday celebration which was declared a legal holiday in 1941.



The mechanical bull ride was a popular attraction throughout the day-long Fourth of July celebration.

Hanau Community

Community notes . . . Community notes

Arts and Crafts, VAT office closed July 27-30

The American Sampler Arts and Crafts Shop and the co-located VAT Office will be closed July 27-30 for their annual NAF resale inventory.

Handmade crafts wanted

Crafters are wanted for the craft corner at the 2005 Fall Bazaar on Sept. 23-25 at Fliegerhorst Kaserne. If interested call Bianca Moton at mil 322-8725, civ (0160) 9105 2378 or email bianca.moton@us.army.mil.

New Club hours

Fliegerhorst Kaserne's Club is open Thursday 8 p.m. to midnight and Friday to Saturday from 8 p.m. to 2 a.m. Friday features Karaoke and variety music at 9 p.m. Country and western starts at 9 p.m. on Saturday. Call civ (06181) 88-7509 for details.

Prepared childbirth class

The New Parent Education and Support Program and Army Community Service host a free prepared childbirth class for all expectant parents. Class dates are July 27, Aug. 3 and 10 at the Wolfgang Outreach Center from 9 a.m. to 2 p.m. Sign up by calling Hanau ACS at civ (06181) 88-8965.

Pre-retirement briefing

The Hanau Transition Center hosts a pre-retirement briefing for military members and spouses July 27 from 9 a.m. to 4:30 p.m. at Building 20 on Pioneer Kaserne. Call mil 322-8731 for more information and seat reservations.

Be a recruiter

Learn more about the benefits and challenges of recruiting duty at a recruit the recruiter presentation Aug. 12 at 1:30 p.m. at the Pioneer Kaserne movie theater. E-5s through E-7s and their spouses are invited. For more information call Sgt. Vershinin at mil 323-3001.

Celebrate National Kids Day on Aug. 7

National Kids Day is a day set aside each year to celebrate and honor America's children by spending meaningful time with them. The CYS sponsored event, held on Pioneer Kaserne, is Aug. 7 from 1-4 p.m. and includes crafts, food and drink booths, storytelling, face painting, karaoke, a photography exhibit and 3-on-3 basketball. A family fun walk, from 11 a.m. to 1 p.m.,



Photo by Ulrike Raab

SATOTravel lauded for service

SATOTravel's Saskia Glück assists Deanna Richards with travel arrangements. On July 12 SATOTravel agents Saskia Glück, Miriam Höfer, Simone Lotzmann and Karen Nölting, along with branch manager Susanne Sevowicz, were awarded a certificate of appreciation for their excellent customer service by U.S. Army Garrison Hessen commander Col. Herman "Tracy" Williams III. The staff received many positive customer comment cards during the past 10 months.

starts in Pioneer Housing. For more information call civ (06181) 88-8155 or 8231.

Religious services

On Sundays the Pioneer Chapel holds a collective Protestant service at 9 a.m., a Protestant gospel service at 11 a.m. and a Church of God in Christ service at 2 p.m. The Fliegerhorst Chapel holds a contemporary Protestant service on Sundays at 10:45 a.m. Sunday Catholic services include a sacrament/confession at 8:15 a.m., Mass at 9 a.m. and a Spanish Mass at 12:45 p.m. On the first Friday of each month a Eucharistic Adoration is at 7 p.m. and Mass is at 8 p.m. The Büdingen Chapel holds a collective Protestant service on Sundays at 10:30 a.m. For more information contact the USAG Hessen Chaplains Office at mil 322-1370 or civ (06181) 88-1370.

USO spa trip

The Hanau USO offers a two-and-a-half hour spa special at the Evelin Wellness Paradise on July 29 and July 30. Participants will receive a facial massage, body massage, full body aroma massage, foot massage and body wrap for €95 (with VAT form) and a \$15 transportation fee. Departs Pioneer Kaserne at 9 a.m. and returns at 4 p.m. Call the Hanau USO at (06181) 88-8725 for information and reservations.

Sunrise Grill closed

The Sunrise Grill, located on Old Argonner Kaserne, is closed from July 25 to Aug. 21 for summer break.

National Night Out

The Hanau USO and Safe Neighborhood Awareness Program present a Family Day-National Night Out Aug. 25 from 2-10 p.m. at Pioneer Kaserne. The event will feature sports tournaments, children's activities, bike registration, a safety demonstration, free food, giveaways, performances by the Galaxy cheerleaders and a concert by the 1st Personnel Command Rock Band. Call civ (06181) 88-8725 or (06181) 180-2855.

Theater auditions for children's production

The Five Pfennig Theater holds auditions for "Snow White and the Seven Dwarfs" Aug. 23-24 at 6 p.m. Approximately 30 boys and girls, grades one to six, are needed. Auditions will be at the Five Pfennig Theater, Building 405 on Old Argonner Kaserne. For more information call civ (06181) 88-8031.

Outdoor Rec trips

Visit London July 29-31 for \$140. Tour the Black Forest and Strasbourg, France, July 30-31. Cost is \$120 for adults, \$80 for youths age 4-12, \$50 for children under 4. Seating is limited. Register at Outdoor Recreation, Build-

ing 459 on Old Argonner Kaserne. Call mil 322-8891 or civ (06181) 88-8891 for details.

VAT Office now at Arts and Crafts

The Value Added Tax Relief Office is now co-located with the American Sampler Arts and Crafts Shop in Building 545 at the Wolfgang Shopping Center. The new hours of operation are Wednesday to Friday 11 a.m. to 6 p.m., Saturday to Sunday from 10 a.m. to 4 p.m. Call mil 322-9997 or civ (06181) 88-9997.

American Star caters

Although the American Star Restaurant is closed until further notice, catering services are available. For details and menus call Angela Przywara at civ (06183) 51-7509 or mil 322-7509.

Employment Readiness Program help

Employment assistance is available at Army Community Service in Building 19 on Hanau's Pioneer Kaserne through the Employment Readiness Program. An Employment Orientation is conducted every Tuesday from 10-11:30 a.m. to familiarize job seekers with employment opportunities and application procedures in Hanau and surrounding communities. Call civ (06181) 88-8965 for more information.

Spouses Support Group

Are you feeling lonely or isolated? A support group for spouses of deployed Soldiers or those soon to be deployed meets Thursdays at 10 a.m. at Hanau Army Community Service in Building 19 on Pioneer Kaserne. Call civ (06181) 88-8965 for more information.

Babysitter classes

Child and Youth Services babysitting training classes will be offered July 28-29 from 8 a.m. to 1 p.m. Attendees should bring lunch. Sign up at the American Red Cross in Building 19 on Pioneer Kaserne. Cost of \$20 includes book. Call civ (06181) 88-1760.

Vacation Bible School

A Hanau Community Vacation Bible School will be held July 25-29 at the Pioneer Chapel. A Büdingen Community Vacation Bible School will be held Aug. 1-5 at the Armstrong Barracks Chapel. Volunteers are needed for both programs. Call Crystal McDonald at civ (0160) 112 9834

Hanau Community

MPs help keep home front pest-free

By Susan Huseman

U.S. Army Garrison Hessen Public Affairs Office

Warning, your barbecue grill may be harboring the enemy. Foreign insects, snails and soil can cause immense damage to American crops, livestock, and forests.

According to the U.S. Department of Agriculture, the gypsy moth, native to Europe, Asia, and North Africa, has defoliated thousands of acres of forests across the Northeastern United States. Further introductions of this pest could destroy local ecosystems and kill trees outright.

Making sure your household goods don't bring foreign pests home is the responsibility of the 560th Military Police Company. Locally the 2nd Platoon, 560th MPs, handles the job.

"Barbecue grills, water hoses, lawnmowers and patio furniture all can harbor soil and insects," said Sgt. David Ricks, Hanau noncommissioned officer in charge and program manager. "We make sure that household goods returning to CONUS (the continental United States) are clean to USDA (U.S. Department of Agriculture) standards, free of gypsy moths, snails, soil, weeds, seeds and insects."

"We also perform USDA inspections on all military equipment from Europe that is headed stateside — containers, track vehicles, trucks," he said.

USDA inspections are an important part of the mission. The Soldiers frequently deploy as ad hoc Customs Border Clearing agent teams. They have regular missions in Germany, France, Italy, Bosnia, Kosovo, Turkey and Norway, conducting inspections and pre-clearance of all CONUS-bound equipment leaving the U.S. European Command theater.

Family that gardens together



Photo courtesy of 2-560th MP Company
Members of 2nd Platoon, 560th MP Company, train on washing vehicles.

All vehicles and equipment are thoroughly inspected before returning to the United States.

"Besides the USDA mission," said 1st Lt. Patrick Hane, platoon leader, "we provide customs information and support to all of Europe. Some of the customs customer service issues our field offices handle are purchasing tax-free vehicles, selling Privately Owned Vehicles to non-ID card holders and logistical support for retirees in Germany."

The platoon also has three MP investigators for customs violation investigations into such things as black marketing gas coupons, using gas coupons to refuel non-registered vehicles, violating the Army postal system and tax fraud.

Additionally the platoon is responsible for daily customs briefings at the Installation Training Center. "We also must be prepared to execute our war-

time/tactical mission as enemy prisoner of war escort guards," said Hane.

The 2-560th is based in Hanau, with additional field offices in the Giessen, Schweinfurt and Darmstadt communities and at Rhein Main/Frankfurt International Airport.

Being so spread out is typical of the entire company. The 560th, headquartered in Mannheim, is the most widely mission-dispersed MP company in the Army. Its four platoons are geographically separated from the company headquarters by as many as 490 miles.

For this reason the company is known as "The Roadrunners." Hane calculates he and Sgt. 1st Class Dennis Donald, his platoon sergeant, are on the road at least 3,000 miles a month, visiting the field offices and headquarters.

"Due to our mission and number of Soldiers assigned, "it was a challenge to coordinate the FTX (field training exercise) that we had in May," said Hane. "We convoyed our vehicles from Mannheim and needed two people per vehicle. So we had to move soldiers around to make sure all the field offices were covered."

"It took three months of planning for a three day FTX. But 2nd Platoon proved an FTX is possible," Hane said. "We set the bar for the other platoons."

The Hanau Customs field office is located in Building 3, Room 117, on Pioneer Kaserne. Customer service hours are 8:30-11:30 a.m. and 1-4:30 p.m. Monday through Wednesday and Friday. The office is closed for training on Thursdays, and on all U.S. Army Europe holidays. You can reach the office at mil 322-8865.

Getting an earthy education in Büdingen

By Susan Huseman

U.S. Army Garrison Hessen
Public Affairs Office

It may be only a small garden, but it's teaching two youngsters big lessons.

For Maj. Charles Costanza, his wife Megan and daughters Claire and Emma, of Büdingen, gardening is a way to bring their family closer together.

"We use this as a family activity to help us spend time together. It's my husband's daddy-daughter time," said Megan. "My daughters Claire and Emma love tending to and picking the vegetables. And I have fun presenting meals with our homegrown veggies."

"In our family we try to put in a working vegetable and fruit garden each time we move," said Megan. "So far we have had gardens while stationed at



Photo by Troy Darr

Emma (left) and Claire Costanza work on raspberries in their home garden in Büdingen.

Fort Carson, Fort Leavenworth and here."

Their other duty stations

weren't suitable for gardening, she said.

This year the family planted cherry, pear and olive trees along with strawberries, blackberries and raspberries. Their vegetable garden contains tomatoes, zucchini, yellow squash, peppers, cucumbers and green beans.

"I grew up on a farm where my parents and grandparents gardened and raised animals. Almost all of the food we ate was raised on the farm. I didn't even buy meat from a grocer until I was in college," she said. "At home we butchered our own cows."

"These days you realize kids don't know the chicken they eat for dinner comes from a

farm. Most children think that corn comes from a can. They're disconnected from the origins of their food," Megan said. "So when my children were born I wanted them to understand where our food comes, other than the commissary."

When quizzed as to what the girls like best about the garden, Claire, age 7, answered, "that the plants grow." Sister Emma, age 5, nodded in agreement. As they examined the growing squash plants they both said their favorite thing to do was to pick the vegetables.

The girls even used the garden in their science fair projects with a seed germination experiment. "The idea was to see if seeds grow at the same rate," said Megan. "They didn't, they popped out at different times," explained Claire.

"With a garden, the girls not only get to learn about plants, but where food comes from. Since they've gotten into gardening they are more excited about eating their vegetables. They love eating what they grow," their mother added. *(Editor's note: See page 5 for tips on helping children start their own gardens.)*

**Cosmetic
Surgery**